



The Lunch Bunch

Your weekly guide to prepping and packing your lunch

Groceries

Note: this guide helps prep lunch for one person. If you're prepping for two, double everything.

Produce:

- 1 Roma tomato
- Red onion
- Green onion
- 1 Lemon

- Capers
- EVOO
- Salt and pepper
- Kalamata olives

Staples/Pantry:

- 2 – 5 oz. can tuna (no salt added, in water)

Optional add-ins:

- Mixed greens
- Feta cheese
- Gluten-free bread, Ezekiel bread or whole grain pita

Mediterranean Tuna Salad

Ingredients

- 2 -5 oz. cans of tuna (no salt added, in water)
- ¼ cup red onion, chopped
- ¼ cup green onion, chopped
- ¼ cup kalamata olives, chopped
- 1 large Roma tomato, seeded and diced
- 1 Tbsp. capers
- ¼ cup EVOO
- Juice of 1 lemon
- 1 tsp. salt and ground pepper

Directions:

1. Drain tuna and set aside in medium mixing bowl. Break up larger pieces with fork.
2. Finely chop red onion, green onion, and olives.
3. Seed and dice tomato. Add these ingredients, and capers, to the mixing bowl. Gently fold everything together.
4. Pour both the olive oil and lemon juice into the tuna. Season with salt and pepper. Mix all together. (*Tip – roll the lemon before cutting to get the juices going. Squeeze half the lemon at a time and add lemon juice according to taste.)

Your week of lunches

Monday	Tuesday	Wednesday	Thursday	Friday
Tuna salad over mixed greens, top with feta cheese	Toasted tuna salad sandwich, served with piece of fruit	Tuna salad with toast or crackers (If Gluten-free – try out Almond Nut Thins or rice crackers... the best!), side of fruit	Tuna salad in a whole grain pita, stuffed with mixed greens & sliced tomato	Tuna salad in a whole grain pita, stuffed with mixed greens & sliced tomato